



## **2026 Girls Youth 6s Rules**

1. **Competition Format:** Divisions will play 6v6 (5 field players and 1 GK) in Lacrosse 6s format. A draw will be held to start each game. Goalies will restart play from their crease after a goal is scored. A 30 second shot clock will be initiated each time a change of possession takes place, or a goal is scored. Shot clocks will be reset if a shot hits the defending team's goal, or goalie. Shot clocks will reset if a shot hits part of the goal, off the goalie, after a change of possession, or end of quarter.
2. **Timing:** All games will consist of (2) 13-minute running time halves with a 2-minute half time. Penalties will be stopped time. Penalties will be stopped time: Major fouls will be assessed as 1-minute penalties, Minor fouls will result in a change of possession and a 5-yard trailing reset behind the player in possession of the ball. If a Player accrues (4) major fouls, they'll be penalized with a (2)-minute non-releasable penalty.
3. **Overtime:** Sudden victory overtime will follow the completion of a tied game after a 2-minute break; sudden victory periods will be played until a goal is scored, and a winner determined. No timeouts are allowed in Overtime.
4. **Eligibility:** All participating athletes must register individually to complete the required waivers and be added to their team's official event roster in order to be eligible to compete. Athletes may only participate on one team during the event. Athletes must be grade-eligible for the division in which they compete (e.g., only 3rd–4th graders may compete in the 3rd–4th grade division; only 7th–8th graders may compete in the 7th–8th grade division). Playing down in age or grade is strictly prohibited. Any violation of this policy may result in disqualification and/or expulsion of the individual athlete and/or team from the event.
5. **Weather Delay:** If a weather-related evacuation occurs during the 1st half, teams will return to play the 2nd half of the game, weather permitting. If the evacuation occurs during the second half, the game MAY pick-up where it left off (weather permitting), OR the game MAY be terminated, and the score recorded as is. If the score differential is equal to or greater than 6, regardless of time remaining, the game may be terminated.
6. **Timeouts:** Each team will be permitted one (1) 30-second timeout per game, which may be called by the team in possession any place on the field. Timeouts may be called by either team during a dead ball situation. The game clock will be stopped during timeouts. NO timeouts are allowed in overtime periods.
7. **Over and Back Rule:** Once the offensive team establishes offense inside their offensive end, the ball is considered live. If offense causes the ball to cross the midline, a turnover will result.
8. **Off-sides:** Goalies cannot enter the offensive half the field. A goalie crossing the midfield line will result in a turnover.
9. **Checking:** Legal and safe use of the cross is essential for the minimization of risk to players. Players must not initiate stick to body contact by using the stick to hit, push, or displace an opponent. Officials should recognize, call, and penalize stick-to-body contact. Per USAL rules players will be required to follow standard checking guidelines as it relates to their current age limitations.
  - a. 2030-2031: Transitional Checking
  - b. All other divisions: Full Checking



**10. Backing up Shots:** If a team shoots at the opposing goal and the ball proceeds out of bounds, there will be a change of possession and the defensive team will restart with the ball and a new shot clock at the spot where the ball exited the field of play. The shooting team will only retain possession and have the shot clock reset if the shot ricochets off the goalie, goalie's stick, a defensive player, or the goal post.

**11. Expulsion, Ejection, or Fighting:** Any player or coach called for verbal abuse will serve an unsportsmanlike conduct penalty. Continued abuse will result in ejection from the contest, and potentially the tournament. Any player who commits a foul deemed worthy of expulsion by game officials will sit out the remainder of the contest. If the foul occurs late in the game or tournament, officials and tournament Directors reserve the right to suspend the fouling player from their next game and future events. To the discretion of officials and/or tournament directors, any participant (player, coach, team official, or spectator) who is ejected during tournament play, on or off the playing field, may be subject to a one or more game suspension, up to automatic disqualification, removal from the tournament, and a future ban on participating. Ejection & expulsion may warrant removal from the tournament venue if deemed appropriate by tournament officials & directors. All officials & directors decisions are final.

#### **TOURNAMENT TIE-BREAK FORMULA: ALL DIVISIONS**

In reseeding teams or in any other tie-break situation, the following tournament tie-breaker will be utilized:

1. Head to head competition; all tied teams must have played each other for this to apply;
2. Fewest goals allowed;
3. Highest goal differential, total goals scored (12 goals per game max, in a full-length game), less total goals given up; In the event of a forfeit, the score will be recorded as 13-7 for any full-length game.
  - i. *For shortened games, ex. 6s games (25-minute games), max goal differential per game will be 6. A forfeit will be recorded as 7-4.*
4. Most goals scored;
5. Coin toss

**NOTE:** After each level of criteria is utilized, the tie-break resets. Example: If there is a 3-way tie, and one team secures a seed/slot based on goals against, the tie-break resets to head-to-head for the next seed/slot if relevant.

In reseeding teams for the playoff rounds, the tournament will try to avoid duplicate games between teams unless the game is still in the divisional championship stream. For consolation games, staff will look to schedule opponents based on whether or not they have already played.